

Turkey Rice Casserole

Makes: 6 Servings

This is a quick, easy casserole featuring turkey and rice.
Add vegetable side dishes to serve this recipe.

Ingredients

2 1/2 cups cooked rice
1/2 cup onion (finely chopped)
1 clove garlic (chopped)
2 cups turkey breast (chopped)
1 can low-sodium chicken broth
1/2 cup nonfat instant milk (prepared)
1/2 cup all purpose flour
2 tablespoons light buttery spread
1/2 cup reduced-fat cheddar cheese (shredded)
1/4 cup cornflakes (crushed for topping)

Directions

1. Combine cooked rice, chopped onion, and garlic put in a shallow baking dish. 2. Top rice mixture with chopped turkey. 3. Mix broth with milk, flour, and light buttery spread. Pour over turkey. 4. Sprinkle cheese and cornflake crumbs over top. Bake at 350 degrees F for 30 minutes.